



## Councilmember Marti Emerald Wants To Share These Safety Tips For Runners/Walkers/Hikers

**1. Use the buddy system whenever possible.**

In secluded areas, such as Lake Hodges, exercise with someone else. This is especially true when it's dark. In fact, no one should exercise at night or in secluded places alone. Use common sense. Be aware of your surroundings at all times and take precautions before heading out for physical activity.

**2. Let a friend or family member know when and where you plan to exercise.**

And arrange to let them know how long you'll be and let them know when you return.

**3. Be familiar with your routes at all times.**

Pay close attention to suspicious individuals who are parked in vehicles and may be watching you. Vary your route; do not use the same route every time you run.

**4. Bring a cell phone.**

Bring a cell phone with you and program your phone to 911. This way, if you encounter trouble, one button will contact the police and let them know your location.

**5. Do not use listening devices such as iPods during your activity.**

The very thing which can motivate you to exercise can become a distraction, cause you to lose focus of your surroundings, and interfere with your ability to hear. At the very least, remove one of the plugs and keep the volume low.

**6. Carry a whistle or pepper spray.**

If someone does approach you who appears suspicious, a whistle is a small device that can make a big noise and the last thing a dangerous person wants is attention drawn to them.

A special thank you to Paul Greer with the San Diego Track Club at San Diego City College for helping with this list for runners.